



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

## Statistics Report 14239, Alcoholic beverage, malt beer, hard lemonade

Report Date: July 04, 2017 14:53 EDT

Nutrient values and weights are for edible portion.

| Nutrient                    | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source                                | NDB Ref | Last Modified |
|-----------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| <strong>Proximates</strong> |      |                |             |            |     |     |    |    |    |           |                                       |         |               |
| Water                       | g    | 85.74          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 06/2015       |
| Energy                      | kcal | 68             | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 06/2015       |
| Energy                      | kJ   | 284            | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 06/2015       |
| Protein                     | g    | 0.00           | --          | --         | --  | --  | -- | -- | -- | --        | Calculated from nutrient label by NDL | --      | 05/2015       |
| Total lipid (fat)           | g    | 0.00           | --          | --         | --  | --  | -- | -- | -- | --        | Calculated from nutrient label by NDL | --      | 05/2015       |
| Ash                         | g    | 0.13           | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 05/2015       |
| Carbohydrate, by difference | g    | 10.07          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated from nutrient label by NDL | --      | 05/2015       |
| Fiber, total dietary        | g    | 0.0            | --          | --         | --  | --  | -- | -- | -- | --        | Calculated from nutrient label by NDL | --      | 05/2015       |

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|--------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Sugars, total      | g    | 9.77              | --             | --         | --  | --  | -- | -- | -- | --        | Calculated from nutrient label by NDL | --      | 05/2015       |
| Sucrose            | g    | 2.11              | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 05/2015       |
| Glucose (dextrose) | g    | 3.55              | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 05/2015       |
| Fructose           | g    | 3.91              | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 05/2015       |
| Lactose            | g    | 0.00              | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 05/2015       |
| Maltose            | g    | 0.10              | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 05/2015       |
| Galactose          | g    | 0.00              | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 05/2015       |
| Starch             | g    | 0.00              | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 05/2015       |
| <b>Minerals</b>    |      |                   |                |            |     |     |    |    |    |           |                                       |         |               |
| Calcium, Ca        | mg   | 4                 | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 05/2015       |
| Iron, Fe           | mg   | 0.03              | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 05/2015       |
| Magnesium, Mg      | mg   | 4                 | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 05/2015       |
| Phosphorus, P      | mg   | 7                 | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 05/2015       |
| Potassium, K       | mg   | 27                | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 05/2015       |
| Sodium, Na         | mg   | 5                 | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 05/2015       |
| Zinc, Zn           | mg   | 0.01              | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 05/2015       |
| Copper, Cu         | mg   | 0.008             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 05/2015       |
| Manganese, Mn      | mg   | 0.006             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 05/2015       |

| Nutrient                       | Unit | Value<br>Per100 g | Data<br>Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source                | NDB Ref | Last<br>Modified |
|--------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|-----------------------|---------|------------------|
| Selenium, Se                   | µg   | 0.3               | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| <b>Vitamins</b>                |      |                   |                |            |     |     |    |    |    |           |                       |         |                  |
| Vitamin C, total ascorbic acid | mg   | 2.8               | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Thiamin                        | mg   | 0.006             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Riboflavin                     | mg   | 0.010             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Niacin                         | mg   | 0.225             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Pantothenic acid               | mg   | 0.041             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Vitamin B-6                    | mg   | 0.022             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Folate, total                  | µg   | 4                 | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Folic acid                     | µg   | 0                 | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Folate, food                   | µg   | 4                 | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Folate, DFE                    | µg   | 4                 | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Choline, total                 | mg   | 4.4               | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Vitamin B-12                   | µg   | 0.01              | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Vitamin B-12, added            | µg   | 0.00              | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Vitamin A, RAE                 | µg   | 0                 | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Retinol                        | µg   | 0                 | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Carotene, beta                 | µg   | 0                 | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Carotene, alpha                | µg   | 0                 | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Cryptoxanthin, beta            | µg   | 0                 | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |

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|------------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|-----------------------|---------|------------------|
| Vitamin A, IU                      | IU   | 0                 | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Lycopene                           | µg   | 0                 | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Lutein + zeaxanthin                | µg   | 1                 | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Vitamin E (alpha-tocopherol)       | mg   | 0.02              | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Vitamin E, added                   | mg   | 0.00              | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Vitamin D (D2 + D3)                | µg   | 0.0               | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Vitamin D                          | IU   | 0                 | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Vitamin K (phylloquinone)          | µg   | 0.0               | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| <b>Lipids</b>                      |      |                   |                |            |     |     |    |    |    |           |                       |         |                  |
| Fatty acids, total saturated       | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| 4:0                                | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| 6:0                                | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| 8:0                                | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| 10:0                               | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| 12:0                               | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| 14:0                               | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| 16:0                               | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| 18:0                               | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| Fatty acids, total monounsaturated | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |
| 16:1 undifferentiated              | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015          |

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| 18:1 undifferentiated              | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015       |
| 20:1                               | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015       |
| 22:1 undifferentiated              | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015       |
| Fatty acids, total polyunsaturated | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015       |
| 18:2 undifferentiated              | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015       |
| 18:3 undifferentiated              | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015       |
| 18:4                               | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015       |
| 20:4 undifferentiated              | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015       |
| 20:5 n-3 (EPA)                     | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015       |
| 22:5 n-3 (DPA)                     | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015       |
| 22:6 n-3 (DHA)                     | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015       |
| Cholesterol                        | mg   | 0              | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015       |
| <b>Other</b>                       |      |                |             |            |     |     |    |    |    |           |                       |         |               |
| Alcohol, ethyl                     | g    | 4.0            | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 06/2015       |
| Caffeine                           | mg   | 0              | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015       |
| Theobromine                        | mg   | 0              | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2015       |